




NUTRITION CARE DIVISION
GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL
OUR DAILY SPECIALTIES

Menu subject to change based upon availability

8/2/2016 0:00

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Nutrition Care Division

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31-Jul-2016	1-Aug-2016	2-Aug-2016	3-Aug-2016	4-Aug-2016	5-Aug-2016	6-Aug-2016
GREAT BEGINNINGS BREAKFAST MENU	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Biscuit Rolls Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)
MON - FRI 0600-0900	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)
WKND&S & HOLIDAYS 0700-1000	Hash Brown Patties	O'Brien Potatoes	Hash Brown Patties	O'Brien Potatoes	Hash Brown Casserole	Shredded Hash Browns	Hash Brown Patties
FEATURING:	Eggs/Omelets to Order	Bacon/Sausage	Bacon/Sausage/Turkey Bacon	Bacon/Sausage/ Turkey Bacon	Bacon/Sausage	Bacon/Sausage/Turkey Bacon	Eggs/Omelets to Order
OMELETS MADE TO ORDER	Bacon/Sausage	Turkey Links	Grilled Porkchop	Corned Beef Hash	Turkey Links	Chicken Fried Steak	Bacon/Sausage
MADE FRESH DAILY	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits
PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak	Chili	Hot Pastarami Sandwich	Chili	New Orleans Style Po Boy	Soup of the Day
MID-DAY FARE LUNCH MENU	Mashed Potatoes w/ Gravy Macaroni and Cheese	Chicken Noodle Soup Chilli	Chicken/Beef Fajitas Black Bean & Cheese Enchilada (V)	Smothered Pork Chops Shrimp and Grits	Chicken Noodle Soup Parmesan Crusted Tilapia	Chicken Gumbo Soup Home Cooked Chicken Quarters	Baked Ziti
WKND&S & HOLIDAYS 1000-1400	Home-style Dinner Rolls	Chicken Alfredo	Lemon Garlic Tilapia	WING WEDNESDAY	General Tso's Chicken	Baked/Fried Catfish	Lyonnais Potatoes
FEATURING:	Dessert of the Day	Oven Fried Chicken	Mexican Rice	Mashed Potato (V)	Mongolian Beef	Barbecued Ribs	Country Style Vegetables (V)
FRESH GRILLED ITEMS		Baked Ziti	Refried Beans (V)	Fried Okra (V)	Jasmine Rice (V)	Macaroni and Cheese (V)	Garlic Toast
WRAPS & DELI SANDWICHES		Fried Zucchini	Zucchini w/ Stewed Tomatoes (V)	Green Peas and Carrots (V)	Fried Rice	Red Beans and Rice (V)	Dessert of the Day
Try our Vegetarian (V) Options! 		Glazed Carrots	Mixed Vegetables (V)	Simmered Yellow Squash (V)	Asian Fried Cabbage (V)	Collard Greens w/ Ham Hocks	
		Sicilian Vegetable	Chicken Taquitos	Homestyle Dinner Roll	Japanese Vegetables (V)	Glazed Carrots (V)	
		Galic Stick Bread	Coconut Cream Pie/Parfait	Oreo Pie/Parfait	Vegetable Egg Rolls (V)	Corn Muffins/Biscuits	
		BAKED POT/SWT POT BAR	TACO SALAD BAR	BAKED POT/SWT POT BAR	Carrot Cake/Parfait	PIES & COBBLER BAR	
					BULGOGI BAR		
DINNER DISHES EVENING MENU	WEEKEND MENU	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	WEEKEND MENU
MON - FRI 1600-1800		Baked Spaghetti	Baked Fish	Grilled Porkchop	Honey Glazed Chicken	Shepherd's Pie	
WKND&S & HOLIDAYS 1530-1730		O' Brien Potatoes	Fiesta Rice (V)	Mashed Potatoes (V)	Corn (V)	Fire Roasted Sweet Potatoes	
FEATURING:		Seasoned Lima Beans	Broccoli Spears (V)	Green Beans (V)	Japanese Vegetables (V)	Simmered Cauliflower	
FRESH GRILLED ITEMS	Mixed Vegetables	Antigua Vegetables	Zucchini w/ Stewed Tomatoes (V)	Capri Vegetables (V)	Green Peas (V)	Glazed Carrots	Country Style Vegetables
SALADS & DELI SANDWICHES	Dessert of the Day	Garlic Bread	Wheat Dinner Roll	Homestyle Dinner Roll	Wheat Dinner Roll	Corn Bread	Dessert of the Day
		Strawberry Cream Pie	Coconut Cream Pie	Oreo Pie	Carrot Cake		